

DOING SOMETHING ABOUT THAT EXTRA WEIGHT

Are you at a “healthy” weight?

A healthy weight is not just a number. It is a weight that is best for you - a weight at which you are in good health and feel good about yourself.

Getting to your healthy weight will take time, patience and a willingness to stick to your plan. It may take 2 to 3 months to see a difference. There are two main things you need to do:

1. Increase Your Physical Activity

You will have a hard time losing weight unless you get at least 30 minutes of physical activity daily. Physical activity makes all the difference in weight loss, plus it makes you feel good. Be patient. Losing weight takes time.

Here are some ideas to get you moving:

Walking instead of driving	Taking the stairs at work
Dancing or taking dance lessons	Playing ball at the park or gym
Riding a bike to work	Washing floors or windows
Swimming in a pool or lake	Gardening and raking leaves

Try for at least 30 minutes a day to really make a difference. 10 minutes at a time is fine!

Check with your health care provider before starting an exercise program. If you have a health problem or just had a baby, you may have to start slowly and build up.

2. Eat Fewer Calories Than You Do Now

Work towards balanced lowfat eating that you can live with and enjoy!

- Write down everything you eat for 2 or 3 days. Look at what you eat, when you eat, and how much. Do you tend to overeat at certain times or in certain places?

- Don't buy special products that claim to “burn fat”. These don't work. Use your money to buy fruits, vegetables, lean meats, whole grain foods and lowfat dairy foods.
- Eat 3 meals a day – People who eat breakfast and lunch are better at losing weight.
- Use fat-free and lowfat seasonings like lemon juice, salsa and mustard.
- When you get hungry between meals, have a low-calorie snack. A piece of fruit or a couple of lowfat crackers are good choices.
- Drink water when you are thirsty. Add lemon or orange slices for a change.

Choose lowfat foods each day:

- Whole grain breads and cereal
- Fresh, frozen and canned vegetables
- Fresh, frozen, and canned fruit and fruit juices
- Fat-free and lowfat milk, yogurt, and cottage cheese
- Dry beans and peas such as kidney beans, pinto beans, split peas and lentils
- Fish, turkey, and lean meats
- Foods that are cooked with no added fat

Need more ideas on how you can eat better? Ask your health care provider to refer you to a dietitian, or visit the American Dietetic Association's (ADA) website at www.eatright.org, or call ADA's Consumer Hot Line at 1-800-366-1655.

I Want to be at a Healthy Weight! I will try:
